

Discus throw and shot put handbook extra 2

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Throwing angles:

The throwing angle should be around a 35 degree to a 45 degree angle

Using the right angle can result in further throws

Chin angles:

Don't look down while throwing

-Looking down while throwing will disrupt the kinetic chain

The chin should have a slight upward angle when the throw is made

Arms wingspan with discus throw:

Is something you have or you don't

Having a long arms wingspan can result in further throws

-The distance the discus travels before release is longer

-The distance the discus travels in circles is longer

During the rotational

With shot put it can also result in further throws as the arm is longer

Tips:

It's safer for the surroundings to throw in a throwing cage when discus throwing

Always make sure the throwing area is safe

For active release throwers do 360 jumps

Hold the discus with extended arms and do 5, 6 or more circles for example

Spinning around like this will help feel rotational forces

It makes you more aware of the implement

And be carefull not to fall after spinning in circles

Get comfortable with the implement

Play with it